

HealthWire

**EMERGENCY SERVICES
OPEN 24 HOURS A DAY,
EVERY DAY.
URGENT CARE OPEN 5-9PM
MON-FRI & 9AM-3PM SAT.**



WE STAND
READY TO HELP

Pictured are: Dr. Chad Fey, *Emergency Services Trauma Director*; Desiree Weets, RN, *Emergency Services Charge Nurse*; Dr. Ken Ripp, *Emergency Services Medical Director*; and Carolyn Nasca, MA, RN, *Emergency Services Director*.

CMH Emergency Services announces improved services

WHEN YOU OR A LOVED ONE experience a medical emergency or injury, CMH stands ready to help with a top-notch trauma care team, ER and Urgent Care facility.

It's an exciting time for CMH Emergency Services. We've increased our staff to 25, ensuring a 3 to 1 nurse to patient ratio, and hired additional ER staff for our busiest times. Recently, we welcomed Carolyn Nasca, our new Director of Emergency Services [see article inside]. To top it off, CMH recently achieved certification from the Minnesota Department of Health as a level four trauma center, and received awards for trauma care from two regional health organizations.

Dr. Ken Ripp serves as CMH Emergency Services Medical Director. Our Emergency Services staff receive extensive training in all aspects of trauma care, ranging from basic life support (BLS) to advanced cardiac life support (ACLS) to trauma nursing care courses (TNCC). Nurses in the ER are currently training for certification in emergency nurse pediatrics and three nurses have also completed the SANE (Sexual Assault Nurse Examiner) program.

CMH EARNS TRAUMA CENTER DESIGNATION; ENTERS STATEWIDE SYSTEM

Trauma is the third leading cause of death in Minnesota. The goal of Minnesota's statewide trauma system is to increase an injured patient's access to care by making sure that their medical needs are appropriately matched with hospital resources. CMH participated in an intense designation process to become part of the trauma system, including an outside review of the hospital's resources and capabilities to care for trauma patients, and met standards of commitment, clinical and equipment resources and staff training.

As a level four trauma center, CMH is now certified to perform initial evaluations, stabilization, diagnostic procedures, provide critical care services, and perform surgery. If necessary, CMH will transfer critical patients to a higher level trauma center. For a severely injured person, the "golden hour"—the time between sustaining an injury and receiving definitive care—is the most important predictor of survival. A hospital's trauma system enhances the chance of survival, regardless of proximity to an urban trauma hospital.

■ URGENT CARE/ER

Story continued on next page →

■ URGENT CARE/ER, cont'd.

EMERGENCY EXCELLENCE AWARDS

CMH has received two awards for its excellence in trauma care from regional health care organizations. St. Luke's Hospital awarded CMH the "Excellence in Emergency Care" award, while Essentia Health Care System presented CMH an "Award for Excellence" for its participation in the STEMI program. This program is designed to recognize patients with artery blockages and get them to a facility where they can receive necessary care within the shortest period of time to reduce heart damage. [CMH](#)

CMH Emergency Services is open 24 hours a day, every day and the Urgent Care Department is open from 5-9pm on Monday-Friday and 9am-3pm on Saturday.

Meet CMH's new Emergency Services director

CAROLYN NASCA brings years of training and education to her new position at CMH. As Director of Emergency Services at CMH, she oversees a staff of 25 doctors, nurses, health unit coordinators and paramedics. Ms. Nasca received a B.S. in Nursing from the University of North Carolina at Chapel Hill and a Master's Degree in Management from the College of St. Scholastica, with a focus on change leadership. She has years of experience in a variety of health care areas, including cardiac intensive care, bone marrow transplant, home health and hospice, young adult units, director of nursing at an assisted living facility, director of acute care at Fairview, and coordinator of St. Luke's Breast Center.



"I am so thankful to be here because I enjoy working in a rural setting with 'home grown' employees," Ms. Nasca said. "I am very grateful to have been given this opportunity to help better serve and care for the people of this community." [CMH](#)

Have you been diagnosed with **pre-diabetes?**

Take steps to prevent or delay type 2 diabetes in your future



2012 WORKSHOP DATES

**TUESDAY
APRIL 17, 2012
1:00 pm to 4:00 pm**

**WEDNESDAY
JUNE 6, 2012
9:00 am to 12:00 pm**

**WEDNESDAY
SEPT. 12, 2012
1:00 pm to 4:00 pm**

**THURSDAY
NOV. 15, 2012
9:00 am to 12:00 pm**

To register for a session, please call 218-878-7661

\$20 registration fee

Classes held in CMH Ground Floor Classroom

LIVING ON THE BORDER WITH PRE-DIABETES

Before someone develops type 2 diabetes, it almost always begins with a diagnosis of "pre-diabetes"—a condition where blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. It's important to know that diabetes doesn't have to be inevitable and can be delayed, if you learn how to take charge of your pre-diabetes now.

Each *Living on the Border With Pre-Diabetes* workshop is designed for individuals diagnosed with pre-diabetes, as well as anyone who would like to learn more about pre-diabetes and diabetes.

YOU'LL LEARN:

- What pre-diabetes means for your health
- Risk factors
- Diet, exercise and other lifestyle changes

YOU'LL RECEIVE:

- A helpful book about pre-diabetes
- Informational handouts
- Pedometer
- Blood glucose meter

Taught by certified diabetes instructors (Registered Nurse and Registered Dietitian). [CMH](#)

CMH adopts "plain language" for emergency events

CMH has changed the way we announce emergency situations, such as a fire, tornado or other events. In the past, a color code system was used for each event. For example, a fire was announced as "code red." Under the new system, called "plain language," if a fire is discovered, it will be announced as "fire." All other emergency situations for which there is a code procedure will be announced as what type of event they are, rather than described by a color code. The switch to the use of plain language is part of a statewide healthcare facility effort to create more transparency and less confusion for patients, staff and visitors. [CMH](#)

New technique for bilirubin testing is quick and easy

The OB department at CMH recently acquired special equipment that makes testing for jaundice quicker and less painful for newborns. The BiliChek allows nurses to measure the bilirubin (degree of jaundice) score of the newborn by simply placing the device near the baby's head. A beam of light passes through the skin and is then reflected back with a bilirubin value. In the past, this test required medical professionals to draw blood and a lab assessment. Jaundice is the single most common medical condition affecting newborns and is the number one reason newborns are readmitted to the hospital. **CMH**



CMH now has two certified diabetes educators

CMH Registered Dietitian Jean Maslowski

recently achieved the status of Certified Diabetes Educator by completing the Certification Examination for Diabetes Educators. Requirements to take this exam are rigorous and include being a licensed and registered health professional for five years. You must also have two years' experience as a diabetes self-management educator covering at least 1,000 hours, and currently be employed as a diabetes educator.



She joins Mary Kay Marciniak, RN, Director of the Diabetes Education program and CMH's other Certified Diabetes Educator. In her role as diabetes educator, Jean teaches self-management techniques to patients diagnosed with diabetes. She also counsels patients on other health issues, such as obesity and weight management, diabetes, kidney and liver disease, hypertension, heart disease, cancer, osteoporosis, gastrointestinal problems, eating disorders and food allergies.

Jean is a graduate of Central Michigan University and has been employed at CMH since 2008. In addition to being a Certified Diabetes Educator, Jean has been a Registered Dietitian for 14 years. She is also a Licensed Dietitian. **CMH**

Construction update

These days, cranes and a variety of construction equipment are familiar sights at CMH. The roof on the addition has been completed and the block walls in the basement are nearing completion. Wall framing and placement of the concrete topping slab on the first floor are underway. Demolition on the existing ground floor and first floor west end of the building is going full force with the basement level almost complete. The boilers and air handling units that will be located in the new basement are in place and waiting to be hooked up. The in-house MRI has been installed. We sincerely appreciate your patience with our ongoing hospital expansion project which will be completed in 2013. **CMH**



Health occupations class taught at CMH

Shelly Demers, Director of Staff Education and Infection Prevention, is licensed by the state of Minnesota to teach classes in medical careers. Shelly is currently teaching a Health Occupations Exploration class at CMH for area high school students, in collaboration with FDLTCC.

The year-long course, Health Occupations, covers a variety of disciplines within the four quarters: Medical Careers, Medical Terminology, Nursing Assistant and First Responder. The junior and senior students learn through lectures, guest speakers, and job shadowing. They also explore how health care varies from culture to culture. The Nursing Assistant portion is taught by Sister Janet Marie Bagniewski, RN, who works at CMH. Eric Monson, from FDLTCC, teaches the First Responder portion of the



course. Students who finish the course may be certified as First Responders and Registered Nursing Assistants.

Shelly, who has been employed at CMH for four years, is a registered nurse, has a Bachelor's degree in Biology and Master's degree in Community Health and Epidemiology. She says she never had the opportunity to attend classes like these and maybe that's why she has three degrees. She says the chance to explore career options early on is important for students as they prepare for the future.

"I know I have done my job when someone in class tells me they no longer know which career to go into. It means I have exposed them to careers they hadn't thought of in health care and given them areas to explore before heading to college. Hopefully, I have opened up new worlds to them." **CMH**

■ **CMH FOUNDATION**



**WINE
AND
BEER
TASTING
AND LIVE AUCTION
FUNDRAISER**

Friday, April 27, 2012 | 6:00 p.m.
Dry Dock Bar & Restaurant
2820 Midway Road, Duluth

*Live Auction • Champagne Raffle • Basket Raffle
Appetizers served throughout the evening*

Tickets will be sold at the door

■ **SPEECH LANGUAGE PATHOLOGY**

New treatment at CMH for swallowing disorders

Difficulty swallowing often occurs after a person has a stroke, some types of cancer, certain neuromuscular diseases, head injury or as an individual ages. Approximately 15 million Americans have discomfort or difficulty swallowing and in some cases, a total inability to eat. CMH now offers a new type of therapy to treat swallowing problems called VitalStim. In the past, patients had to travel into Duluth several times a week for this therapy, but four speech therapists at CMH are now certified to administer VitalStim.

VitalStim involves placing electrodes on the fine motor nerves of the face and neck. The electrodes emit an electrical current that strengthens the muscles and allows them to react more quickly, as well as increasing sensation.

“It works really well to make people stronger faster and when used with conventional treatment, you can get more significant results sooner,” says Katherine Bradley, Director of Speech Language Pathology at CMH. She is also excited about the fact that patients can

now go home sooner from the hospital and have treatment right here in their own community.

About half of all nursing home patients suffer from some type of swallowing problems and early detection and treatment can prevent choking, malnutrition and dehydration. Difficulty swallowing is also associated with an increased risk of depression.

The VitalStim Therapy equipment was purchased by the Speech Language Pathology department with funds donated by the CMH Auxiliary. **CMH**



■ **THE BIRTHING CENTER**

Learn the A-B-C's of childbirth and newborn care Saturday, April 21, 2012 • 9am to 5pm at CMH

Prepare for a safe, healthy and joyous childbirth experience at CMH—in just one day. Bring your partner or labor coach, and you'll receive a handbook, additional resources for new parents, a tour of the CMH Birthing Center, lunch and snacks.

\$30/couple. Call 218-879-3187 for information or 218-879-4641 to register.

Foundation news

Thank you to everyone who helped to make our fall “fun” raiser, **AT THE HOP**, hugely successful—we're proud to announce that we raised \$21,000 from the community. Watch for news about our fall 2012 event on October 13 at Black Bear!

April
class!